

Fall classes



All classes are 10 weeks from September 25 - December 10, unless otherwise noted. There will be no classes from November 20-26 in observance of Thanksgiving. In addition, there will be no classes Friday, November 10 in observance of Veterans Day.

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"Baby Signs" Parent Workshop

Show your baby how to talk by using simple signs and gestures. Your baby can communicate his or her wants and needs and therefore decrease their frustration and boost their self-confidence. Participants will receive the Baby Signs Parent Kit.

Instructor: J. Cayabyab
Fee: \$60 Resident
\$74 Non-Resident

Couples \$80 Resident
\$99 Non-Resident

Ages: Adults

Veterans
#3810.411 Sept 30 11:30 am - 12:15 pm

Bumble Bee Sports

The 9-week Bumble Bee Sports program is designed to provide an introduction to sports and motor-skills development for little athletes. Includes T-shirt, sports photo, and award. Parents are encouraged to attend.

Instructor: Staff
Fee: \$85 Resident
\$105 Non-Resident

Ages: 2-3

Basketball/Flag Football

Otay
#0150.441 Thurs 4:00 - 4:45 pm
Fri games 4:00 - 4:45 pm

Basketball/Flag Football

Otay
#0150.442 Tues 11:00 - 11:45 am
Thu games 11:00 - 11:45 am

Hockey/T Ball

Heritage
#0150.401 Fri 3:30 - 4:15 pm
Sat games 10:00 - 10:45 am

Ages: 4-5

Basketball/Flag Football

Otay
#0150.443 Thurs 5:00 - 5:45 pm
Fri games 5:00 - 5:45 pm

Hockey/T Ball

Heritage
#0150.402 Fri 4:30 - 5:15 pm
Sat games 11:00 - 11:45 am

Creative Hands

Come join your child in a class that will help inspire their imagination with hands on fun. Children will have fun making a variety of art projects. Dress for a mess in this child oriented art class. Parent participation is required. Materials are included.

Instructor: Staff
Fee: \$43 Resident
\$54 Non-Resident

Ages: 2-3

Monteville
#3200.450 Thurs 3:30 - 4:15 pm

Ages: 4-5

Monteville
#3200.451 Thurs 4:30 - 5:15 pm

Dancing with Letters and Numbers

Toddlers learn letter recognition, letter sound, writing letters, and first steps to reading. They will also learn fun songs, games, arts and crafts, theatrical play, and dancing. Also included in this fun energetic class – a certificate with a picture – given to all of the students at the end of the session.

Instructor: A. Ramirez
Fee: \$60 Resident
\$75 Non-Resident

Ages: 3-5

Parkway
#0092.461 Tu, Th 10:30 - 11:30 am

Diaper Daredevils

Parent and child explore gymnastics and develop motor skills and hand/eye coordination using gymnastics equipment. Taught by a former Olympic gymnast.

Instructor: J. Jensen
Fee: \$55 Resident
\$63 Non-Resident

Ages: Walking to 36 months

Parkway
#0080.461 Fri 3:00 - 3:45 pm

Monteville
#0080.450 Mon 10:00 - 10:45 am

Monteville
#0080.452 Tues 10:00 - 10:45 am

Apples to Zebras

Make learning the ABCs fun through games, songs, and arts and crafts. Each child will have an alphabet book to take home.

Instructor: Staff
Fee: \$65 Resident
\$80 Non-Resident

Ages: 3-5

Otay
#0240.441 Mon, Wed 11:15 am - 12:00 pm

Loma Verde
#0240.421 Tue, Thurs 1:15 - 2:00 pm

Fall classes



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Kreative Wonders

This class builds children's perceptual and locomotor skills, and self-esteem. 5-week session.

Instructor: C. Paseman
Fee: \$30 Resident
\$37 Non-Resident

Ages: 18 months - 5 years

Session 1 Begins week of September 25

Toddler Gym

(w/adult) 18 months - 2-1/2 years

#0050.401 **Heritage** Wed 9:00 - 9:40 am

#0050.402 **Heritage** Fri 9:00 - 9:40 am

#0050.403 **Heritage** Sat 9:00 - 9:40 am

#0050.431 **Salt Creek** Tues 9:00 - 9:40 am

Kinder Gym

(w/adult) 2-1/2 years - 3-1/2 years

#0055.401 **Heritage** Wed 9:45 - 10:25 am

#0055.402 **Heritage** Fri 9:45 - 10:25 am

#0055.403 **Heritage** Fri 10:30 - 11:10 am

#0055.404 **Heritage** Sat 9:45 - 10:25 am

#0055.431 **Salt Creek** Tue 9:45 - 10:25 am

Kinder Gym 2

3-1/2 - 5 years

#0060.401 **Heritage** Wed 10:30 - 11:10 am

#0060.402 **Heritage** Sat 10:30 - 11:10 am

#0060.431 **Salt Creek** Tues 10:30 - 11:10 am

Session 2 Begins week of October 30

Toddler Gym

(w/adult) 18 months - 2-1/2 years

#0050.405 **Heritage** Wed 9:00 - 9:40 am

#0050.406 **Heritage** Fri 9:00 - 9:40 am

#0050.408 **Heritage** Sat 9:00 - 9:40 am

Salt Creek

#0050.432 Tues 9:00 - 9:40 am

Kinder Gym

(w/adult) 2-1/2 years - 3-1/2 years

#0055.405 **Heritage** Wed 9:45 - 10:25 am

#0055.406 **Heritage** Fri 10:30 - 11:10 am

#0055.407 **Heritage** Sat 9:45 - 10:25 am

#0055.408 **Heritage** Sat 9:45 - 10:25 am

#0055.432 **Salt Creek** Tue 9:45 - 10:25 am

Kinder Gym 2

3-1/2 - 5 years

#0060.403 **Heritage** Wed 10:30 - 11:10 am

#0060.404 **Heritage** Sat 10:30 - 11:10 am

#0060.432 **Salt Creek** Tues 10:30 - 11:10 am

Learn and Play

Designed for children with more than one interest. Includes arts and crafts, music and movement, language and number development, and sports clinics. Each week your child will bring home an item showing their accomplishments. Parent participation encouraged.

Instructor: Staff
Fee: \$90 Resident
\$112 Non-Resident

Ages: 3-5

#0230.441 **Otay** Tue, Thurs 9:15 - 10:45 am

Little Dunkers "Basketball"

Learn the basics of dribbling, shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

September 30 - October 28
Monteville

#0330.452 Sat 10:00 - 10:45 am

November 3 - December 8

Monteville
#0330.453 Fri 4:00 - 4:45 pm

Ages: 4-5

September 30 - October 28

Monteville
#0335.452 Sat 11:00 - 11:45 am

November 3 - December 8

Monteville
#0335.453 Fri 5:00 - 5:45 pm

Little Hands

You and your child will love spending time exploring, creating, and making messes in this fun and stimulating class. Children create a variety of projects. Expect a mess! Class requires parent participation. Materials are included.

Instructor: Staff
Fee: \$35 Resident
\$44 Non-Resident

Ages: 18 months - 3 years

#0020.401 **Heritage** Thurs 9:45 - 10:15 am

#0020.411 **Veterans** Mon 10:00 - 10:30 am

#0020.412 **Veterans** Wed 3:30 - 4:00 pm

Ages: 3-5

#0025.401 **Heritage** Thurs 9:00 - 9:30 am

#0025.411 **Veterans** Mon 10:45 - 11:15 am

Little Kickers Soccer

Learn the basics of dribbling, shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

September 28 - October 26

Veterans
#0330.413 Thurs 4:00 - 4:45 pm

October 31 - December 5
Veterans

#0330.414 Tues 4:00 - 4:45 pm



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Ages: 4-5

September 28 - October 26

Veterans

#0335.415 Thurs 5:00 - 5:45 pm

October 31 - December 5

Veterans

#0335.416 Tues 5:00 - 5:45 pm

Little Sluggers "T-Ball"

Learn the basics of catching, throwing, and hitting. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff

Fee: \$20 Resident

\$25 Non-Resident

Ages: 2-3

September 29 - October 27

Monteville

#0330.450 Fri 4:00 - 4:45 pm

November 4 - December 9

Monteville

#0330.451 Sat 10:00 - 10:45 am

Ages: 4-5

September 29 - October 27

Monteville

#0335.450 Fri 5:00 - 5:45 pm

November 4 - December 9

Monteville

#0335.451 Sat 11:00 - 11:45 am

Little Sport Stars

Boys and girls will learn how to play popular sports their favorite stars play, including soccer, baseball, football, and more. Sign up early-space is limited!

Instructor: Staff

Fee: \$30 Resident

\$38 Non-Resident

Ages: 3-5 8 week class

Community Youth Center

#0220.481 Wed 3:15 - 4:00 pm

Ages: 5-7 8 week class

Community Youth Center

#0220.482 Wed 4:15 - 5:00 pm

Loma Verde

#0220.421 Thurs 4:30 - 5:15 pm

Little Sticks Hockey

Learn the basics of shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun.

Instructor: Staff

Fee: \$20 Resident

\$25 Non-Resident

Ages: 2-3

September 26 - October 24

Veterans

#0330.411 Tues 4:00 - 4:45 pm

November 2 - December 7

Veterans

#0330.412 Thurs 4:00 - 4:45 pm

Ages: 4-5

September 26 - October 24

Veterans

#0335.411 Tues 5:00 - 5:45 pm

November 2 - December 7

Veterans

#0335.412 Thurs 5:00 - 5:45 pm

Me, You, and Fun Too!

You and your child will enjoy quality bonding time enjoying arts and crafts, storytelling, circle time, music and movement, and more.

Instructor: Staff

Fee: \$45 Resident

\$55 Non-Resident

Ages: 18 months - 3 years

Otay

#0280.441 Tues 4:00 - 5:00 pm

Otay

#0280.442 Thurs 12:00 - 1:00 pm

Mom (or Dad) and Me

The primary goal of this class is to develop socialization skills through exposure to other children. The activities will be geared toward interaction between parent and child. Parents will also find this class to be a valuable way to share their child-rearing experiences with other parents.

Instructor: Roxanne Knight

Fee: \$38 Resident

\$48 Non-Resident

Ages: 18 months - 3 years

Parkway

#0001.461 Mon 10:00 - 11:00 am

Mommy and Me Creative Dance

Have fun learning new dance moves with your little one. This class will incorporate various forms of dance and lots of imagination with a primary focus on ballet.

Instructor: F. Alvarez

Fee: \$43 Resident

\$53 Non-Resident

Ages: 2-3

Salt Creek

#0130.432 Wed 9:00 - 9:30 am

Ages: 3-4

Monteville

#0130.451 Tues 9:30 - 10:00 am

Morning Preschool Ballet

This class will help your child develop flexibility, musicality and coordination. 10 student class size guarantees your child individual attention.

Instructor: F. Alvarez

Fee: \$43 Resident

\$53 Non-Resident

Ages: 2-5

Monteville

#0130.452 Tues 11:00 - 11:30 am

Morning Preschool Tap and Ballet

Musicality and coordination skills will be developed while learning the basics of ballet and tap.

Instructor: F. Alvarez

Fee: \$43 Resident

\$53 Non-Resident

Ages: 3-4

Salt Creek

#0130.430 Wed 9:30 - 10:00 am

Monteville

#0130.450 Tues 11:30 am - 12:15 pm

Pee Wee Sports

Introduction to T-Ball, Basketball, Soccer and many other sports. Skills and sportsmanship are taught in a fun, non-competitive setting by trained coaches.

Instructor: Staff

Fee: \$38 Resident

\$47 Non-Resident

Ages: 3-5 8 week class

Parkway

#0098.468 Tues 3:00 - 3:50 pm

Fall classes



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Preschool Ballet

First position, second position and FUN! Learn simple ballet techniques and terminology. Emphasis on basic motor skills, creative movement, and imagination.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

	Parkway (new students)
#0110.461	Mon 3:30 - 4:00 pm
	Parkway (returning students)
#0110.462	Mon 4:00 - 4:30 pm
	Heritage (returning students)
#0110.401	Thurs 5:30 - 6:00 pm
	Heritage (returning students)
#0110.402	Fri 5:45 - 6:15 pm
	Loma Verde
#0110.426	Fri 4:30 - 5:00 pm
	Otay
#0110.444	Wed 5:00 - 5:30 pm
	Community Youth Center
#0110.485	Thurs 4:00 - 4:30 pm
	Monteville (new students)
#0110.450	Mon 3:30 - 3:00 pm
	Monteville (returning students)
#0110.451	Thurs 4:00 - 4:30 pm
	Salt Creek
#0110.433	Tues 5:00 - 5:30 pm

Preschool Ballet / Tap

Learn elementary ballet and tap techniques to develop motor learning skills, with increased emphasis on creative movement. Course also covers routines, rhythm, coordination, and stretching.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 2-6

	Otay
#0120.441	Wed 4:30 - 5:00 pm
	Monteville
#0120.450	Wed 4:00 - 4:30 pm

Ages: 3-5

	Community Youth Center
#0110.488	Sat 12:30 - 1:00 pm
	Parkway
#0110.463	Tues 4:30 - 5:00 pm
	Loma Verde
#0110.421	Mon 4:15 - 4:45 pm
	Veterans
#0110.411	Mon 5:00 - 5:30 pm

Preschool Ballet Folklórico

This fun and festive class teaches the basics of Folklórico dance.

Instructor: M. Sanchez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 1-5

	Veterans
#0210.411	Wed 4:15 - 4:45 pm
	Monteville
#0210.451	Tues 3:45 - 4:15 pm

Preschool Belly Dancing

Students will learn basic belly dancing movements, as well as dancing with veils to prepare for student performance. Hip scarf's and veils are required by second class.

Instructor: C. Martinez
Fee: \$44 Resident
\$55 Non-Resident

Ages: 3-5 8 week class

	Loma Verde
#0180.421	Wed 3:30 - 4:00 pm

Preschool Creative Dance

Learn dance techniques in a fun and different way! Improve coordination, attention span, and the ability to express through movement, music and fun.

Instructor: C. Perez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

	Heritage
#0201.401	Fri 4:45 - 5:15 pm
	Salt Creek
#0201.436	Fri 4:30 - 5:00 pm

Preschool Gymnastics

The class emphasizes the development of coordination, balance, flexibility and self-confidence through the introduction of beginning tumbling skills.

Instructor: C. Moses
Fee: \$43 Resident
\$52 Non-Resident

Ages: 3-5

	Loma Verde
#0010.423	Sat 9:00 - 9:50 am
	Monteville
#0010.450	Fri 3:00 - 3:50 pm
	Veterans
#0010.411	Wed 3:00 - 3:50 pm

Preschool Hip Hop

This class is designed for the little dancers who want to have fun learning the basic hip hop moves.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

	Otay
#0200.441	Mon 6:15 - 6:45 pm
	Otay
#0200.442	Wed 4:00 - 4:30 pm
	Loma Verde
#0200.421	Sat 9:30 - 10:00 am
	Heritage
#0200.401	Fri 5:15 - 5:45 pm
	Monteville
#0200.450	Thurs 4:30 - 5:00 pm
	Parkway
#0200.461	Thurs 4:30 - 5:00 pm
	Salt Creek
#0200.433	Tues 5:30 - 6:00 pm

Preschool Hip Hop/Tumbling

Learn basic hip hop and other creative dance moves along with basic tumbling. Students will learn a dance and present it to parents at the end of the session. Class will cover stretching in circle time, warm up, practicing dance, free and fun time dancing, and a cool down game.

Instructor: L. Ramirez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

	Veterans
#1920.411	Fri 4:45 - 5:30 pm



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Preschool Jazz Dance

Students will learn Jazz dance techniques; stretching, center, across-the-floor, turns, and combinations set to contemporary Jazz music.

Instructor: C. Perez and Staff

Fee: \$36 Resident
\$45 Non-Resident

Ages: 3-5

#0180.433 **Salt Creek**
Fri 4:00 - 4:30 pm

Preschool Karate

Learn the basics of karate including basic body movement and placement, as well as timing. Parent participation is encouraged.

Instructor: Jessica Hickman

Session Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

#0030.481 **Community Youth Center**
Thurs 3:15 - 3:45 pm

#0030.461 **Chula Vista Woman's Club**
Tues 3:15 - 3:45 pm

Instructor: Gary Amen
Fee: \$37 Resident
\$44 Non-Resident

Ages: 3-5

Beginning

#0030.442 **Otay**
Thurs 3:00 - 3:45 pm

#0030.411 **Veterans**
Thurs 4:15 - 5:00 pm

#0030.412 **Veterans**
Sat 11:00 - 11:45 am

#0030.421 **Loma Verde**
Wed 3:30 - 4:15 pm

#0030.450 **Monteville**
Mon 3:00 - 3:45 pm

#0030.451 **Monteville**
Tues 3:00 - 3:45 pm

Intermediate

#0030.422 **Loma Verde**
Wed 4:20 - 4:50 pm

Preschool Mini Soccer

This course teaches soccer basics including dribbling, striking, and team play.

Instructor: Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 3-5 8 week class

#0098.462 **Parkway**
Thurs 3:15 - 4:00 pm

Preschool Tap Dance

This class offers heel and toe-tapping fun! Emphasis on motor skills and using creative movement with imagination. Performances are scheduled when available.

Instructor: C. Martinez

Fee: \$45 Resident
\$55 Non-Resident

Ages: 4-5

#0129.401 **Heritage**
Mon 3:30 - 4:30 pm

#0120.436 **Salt Creek**
Sat 12:30 - 1:00 pm

Preschool Tennis

Children learn to play with tennis balls and racquets while increasing their hand-eye coordination and motor skills.

Instructor: J. Villanueva
Fee: \$60 Resident
\$74 Non-Resident

Ages: 4-5

#0140.452 **Monteville**
Tues 10:00 - 10:45 am
6 week class

Preschool Traditional Dance Folklorico Mexicano

Fun and festive basic recreational instruction in various regional dances. Emphasis is on developing rhythm and motor skills.

Instructor: Y. Chacón-Beniquez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

#0140.462 **Parkway**
Sat 9:30 - 10:00 am

"Sign, Say and Play" A Baby Signs Program

This six-week class for both babies and parents is designed with a broader educational goal in mind. By embedding the learning of signs in activities that promote cognitive, social, language, literacy, and sensory-motor development, this class teaches parents specific ways to provide support in areas that all babies need to make the most of their critical first three years. Fee includes materials.

Instructor: J. Cayabyab

Fee: \$140 Resident
\$174 Non-Resident

Ages: 6 months - 3 years

#3815.411 **Veterans**
Sat 11:30 am - 12:15 pm
October 7 - November 11

Sing, Sign, and Play-Mommy and Me Class

Come play with your child, while learning American Sign Language. Learn how signing can help you to communicate with your baby before they can talk and help your 13-24 month old through those frustrating toddler years.

Price includes materials.

Instructor: L. Albertson

Fee: \$90 Resident
\$112 Non-Resident

Ages: 6-12 months

#0070.450 **Monteville 5 week class**
Wed 9:00 - 9:50 am

#0070.451 **Monteville 5 week class**
Sat 9:00 - 9:50 am

Ages: 13-24 months

#0070.452 **Monteville 5 week class**
Wed 10:00 - 10:50 am

#0070.453 **Monteville 5 week class**
Sat 10:00 - 10:50 am

Fall classes



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Super Tots

Activities include loco motor warm up, circuit training on kid size gymnastics apparatus to develop gymnastics skills rhythm, strength, motor skills and flexibility. Taught by a former Olympic gymnast.

Instructor: J. Jensen
Fee: \$55 Resident
 \$63 Non-Resident

Ages: 3-5

#0080.462 **Parkway**
 Fri 4:00 - 4:45 pm
#0080.451 **Monteville**
 Mon 11:00 - 11:45 am
#0080.453 **Monteville**
 Tues 11:00 - 11:45 am

Tiny Tappers

This class is intended for introductory level preschool aged children desiring to learn how to tap dance and learn basic coordination skills in a fun environment.

Instructor: V. Pittman
Fee: \$35 Resident
 \$43 Non-Resident

Ages: 3-5

#1215.461 **Parkway**
 Wed 4:15 - 4:45 pm

Tiny Tots

This program is designed to provide stimulating and enjoyable experiences for youngsters during their first step away from home. We recommend that children who are registered for four days try classes at each center to get exposure to more than one instructor. Parents provide daily snacks. All participants must be completely potty trained. Proof of age is required at the first class meeting.

Instructor: D. Sakamoto (PW), I. Pike (V)
 M. Campos (LV), Sullivan-Rupic (M),
 J. Nucup (SC)

Fee: \$110 Resident
 \$138 Non-Resident

Ages: 3-5

#0090.461 **Parkway**
 Tues, Thurs 9:00 - 11:50 am

Parkway

#0090.463 Wed, Fri 9:00 - 11:50 am

Monteville

#0090.450 Tues, Thurs 9:00 - 11:50 am

Monteville

#0090.451 Wed, Fri 9:00 - 11:50 am

Salt Creek

#0090.433 Tues, Thurs 9:00 - 11:50 am

Salt Creek

#0090.434 Wed, Fri 9:00 - 11:50 am

Loma Verde

#0090.422 Tue, Thurs 9:00 - 11:50 am

Loma Verde

#0090.424 Wed, Fri 9:00 - 11:50 am

Veterans

#0090.411 Tues, Thurs 9:00 - 11:50 am

Veterans

#0090.412 Wed, Fri 9:00 - 11:50 am

Tot Fun Hour

Join us for an hour of reading, dancing, singing, crafts, and more. Themes include, Dr. Seuss, Berenstain Bears, fairy tales, and rhymes. Your child will learn ABCs, numbers, social skills and motor skills.

Instructor: Staff
Fee: \$40 Resident
 \$49 Non-Resident

Ages: 4-5

#0030.401 **Heritage**
 Thurs 11:00 am - 12:00 pm

Wiggly Worms

Let's play together! We'll sing, dance, and shout to try to get our wiggles out. We will have games, obstacle courses, plus music and movement activities. Develop both physical and social skills while having a great time.

Instructor: Staff
Fee: \$50 Resident
 \$62 Non-Resident

Ages: 18 months - 3 years

#0210.441 **Otay**
 Tues 12:00 - 12:45 pm

#0250.411 **Veterans**
 Thurs 11:30 am - 12:15 pm



performing arts

Adult Tap Dance

Toe-tappin' fun, learning basic steps through intermediate routines. Great cardio exercise, great class! Tap shoes required at the second class meeting.

Instructor: C. Schroeder
Fee: \$25 Resident
 \$30 Non-Resident

Ages: 16 and over

#1260.462 **Parkway**
 Mon 7:00 - 7:50 pm

Ballet

You'll improve your poise as you learn ballet steps, techniques and terminology. This course covers ballet combinations, rhythm, coordination and stretching.

Instructor: C. Perez and Staff
Fee: \$36 Resident
 \$45 Non-Resident

Ages: 4-6, Level 2

#1230.401 **Heritage**
 Thurs 6:00 - 6:30 pm

Ages: 6 and over, Level 1

#1230.411 **Veterans**
 Mon 5:45 - 6:30 pm

#1230.442 **Otay**
 Wed 5:30 - 6:15 pm

#1230.483 **Community Youth Center**
 Thurs 4:30 - 5:15 pm

#1230.435 **Salt Creek**
 Fri 6:30 - 7:15 pm



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#1230.436 **Salt Creek**
Sat 2:30 - 3:15 pm

Ages: 6 and over, Level 1 and 2
Heritage

#1235.402 Fri 6:15 - 7:00 pm

#1235.424 Fri 5:00 - 5:45 pm
Loma Verde

#1220.461 Mon 4:30 - 5:15 pm
Parkway

#1240.450 Mon 4:45 - 5:30 pm
Monteville

Ages: 8 and over, Level 3 and 4

#1240.461 Mon 5:15 - 6:00 pm
Parkway

#1240.451 Mon 5:30 - 6:15 pm
Monteville

#1240.401 Thurs 6:30 - 7:15 pm
Heritage

Ages: Teen 13 and over

#1245.433 Tues 6:45 - 7:45 pm
Salt Creek

Ages: Adult 16 and over

#1255.436 Sat 3:15 - 4:15 pm
Salt Creek

Ballet and Tap

Girls and boys will enjoy this fun-filled class learning new dancing styles and the latest techniques of ballet and tap. Teaching kids to dance at a young age helps them develop athletic prowess as well as self-confidence. Plus, they'll have a great time!

Instructor: C. Perez and Staff

Fee: \$36 Resident
\$45 Non-Resident

Ages: 5-9

#1230.484 Sat 1:00 - 1:45 pm
Community Youth Center

#1230.461 Tues 5:00 - 5:45 pm
Parkway

Ages: 5-12

#1230.421 Mon 4:45 - 5:30 pm
Loma Verde

#1230.412 Fri 6:00 - 6:45 pm
Veterans

Ages: 6-12

#1230.450 Wed 4:30 - 5:15 pm
Monteville

#1235.486 Sat 1:45 - 2:30 pm
Community Youth Center

Ballet Folklorico-Xochitl

Instruction offered in regional dances with emphasis on stage presence, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in fee.

Instructor: M. Sanchez

Fee: \$30 Resident
\$37 Non-Resident

Ages: 6 and over

#1245.411 Wed 5:00 - 5:45 pm
Veterans

Ballroom Dances

Come out and learn various ballroom dances including the Rumba, Tango, Waltz, Swing, and Cha-Cha.

Instructor: S. Martin

Fee: \$45 Resident
\$55 Non-Resident

Ages: 16 and over

#1710.411 Tues 8:00 - 9:00 pm
Veterans

#1710.450 Wed 6:00 - 6:50 pm
Monteville

Beginning Ballet Folklorico

Learn dance techniques in a fun and different way. Improve coordination, attention span, and the ability to express through movement, music and fun.

Instructor: C. Perez and Staff

Fee: \$30 Resident
\$36 Non-Resident

Ages: 5-10

#1510.450 Thurs 5:00 - 5:45 pm
Monteville

Beginning Flamenco Dance

Learn flamenco exercise patterns to develop grace, agility, rhythm and coordination. The class introduces children to the joys of flamenco dance and prepares choreography for a student performance.

Instructor: C. Perez and Staff

Fee: \$36 Resident
\$45 Non-Resident

Ages: 5-10

#1480.436 Fri 5:00 - 5:45 pm
Salt Creek

Beginning Adult and Teen Ballet

No matter your skill level, enjoy getting fit through ballet. This class stresses the basics, and also includes gentle stretching, strength building, and improved body awareness.

Instructor: F. Alvarez

Fee: \$60 Resident
\$74 Non-Resident

Ages: 14 and over

#2230.450 Tues 6:00 - 7:00 pm
Monteville

Beginning Polynesian Dance

Learn the beautiful dances of Hawaii and Tahiti. This class will focus on beginning basics of hula and Tahitian, and the history of each dance.

Instructor: L. Jasmin

Fee: \$41 Resident
\$50 Non-Resident

Ages: 5-10

#1100.450 Fri 5:15 - 6:00 pm
Monteville

Ages: 10 and over

#1100.451 Fri 6:15 - 7:00 pm
Monteville

Beginning Tap Dance

Tap is a great way to learn coordination and develop a sense of rhythm. Emphasis is on basic steps, rhythm, easy routines and having fun.

Instructor: C. Perez and Staff

Fee: \$36 Resident
\$45 Non-Resident

Ages: 6 and over

#1205.450 Mon 4:00 - 4:45 pm
Monteville

#1205.436 Sat 1:45 - 2:30 pm
Salt Creek

#1205.436 Sat 10:45 - 11:30 am
Loma Verde

Fall classes



performing arts

Belly Dancing

This ancient and beautiful art form has many movements that are thousands of years old. The class combines movements, veils and finger cymbals with dance.

Instructor: L. Stacey (YC), C. Martinez (PW)
D. Aragon-Weisner (HC)

Fee: \$45 Resident
\$55 Non-Resident
\$8 for single class at Parkway

Ages: Adults

Community Youth Center
#1540.481 Mon 6:00 - 7:00 pm

Parkway (8 weeks)
#1540.462 Wed 6:30 - 7:20 pm

Heritage
#1540.401 Mon 6:00 - 6:50 pm

Monteville
#1540.450 Tues 7:00 - 7:50 pm

Loma Verde 8 week class
#1540.421 Mon 7:00 - 7:50 pm

Loma Verde
#1540.422 Tues 7:30 - 8:20 pm

Heritage
#1540.402 Tues 6:00 - 6:50 pm

Creative Art of Acting

So, you want to be an actor? Experience the technical and creative aspects of theatre arts. Aspiring actors of all ages will gain insight into the principles of acting including vocal techniques, character and scene analysis, improvisation and more.

Instructor: D. Smith
Fee: \$33 Resident
\$39 Non-Resident

Ages: 8 - Adult

Otay
#1530.444 Wed 6:15 - 7:45 pm

Fee: \$49 Resident
\$61 Non-Resident

Chula Vista Woman's Club
#1530.461 Sun 2:00 - 4:00 pm

Monteville
#2110.450 Thurs 6:00 - 8:00 pm

Dance Technique – Folklorico Mexicano

Structured for intermediate abilities. Class includes skirt movements and stage presentations.

Instructor: Y. Chacon-Beniquez

Fee: \$30 Resident
\$37 Non-Resident

Ages: 11-20 (Girls only)

Parkway
#1260.461 Sat 3:00 - 3:50 pm

East Coast Swing

Come learn the Jitterbug in this class that offers the basic foundation of swing. You will learn partner combinations and have fun at the same time.

Instructor: S. Martin

Fee: \$53 Resident
\$65 Non-Resident

Ages: 16 and over

Monteville
#1720.450 Wed 7:00 - 8:00 pm

Flamenco Dance

Flamenco is one of the most renowned and beautiful of all Spanish dances. Students will develop self-confidence, rhythm, teamwork, poise, stage presentation and preparation for public appearances. Practice items and costume costs are in addition to class fees.

Instructor: D. Weisner
Fee: \$45 Resident
\$55 Non-Resident

Ages: 6 and over

Beginning, Level 1

Heritage
#1470.401 Tues 5:00 - 5:50 pm

Monteville
#1470.450 Mon 7:30 - 8:20 pm

Hawaiian Dance

Learn the Dances of Hawaii, New Zealand, and Tahiti. This class has an emphasis on show dancing. Students will learn three regional dances in each class, including Poi Balls from New Zealand and much more.

Instructor: M. Tuminting
Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-12

Community Youth Center
#1282.481 Tues 5:00 - 5:50 pm

Ages: 13 - Adult

Community Youth Center
#1282.486 Tues 6:00 - 6:50 pm

Hip Hop 101

Have fun learning different styles of hip hop. Improve your coordination, rhythm, self-esteem, and learn how to choreograph your own dance. Christian, R & B, and rap music will be played.

Instructor: L. Ramirez

Fee: \$35 Resident
\$44 Non-Resident

Ages: 6-8

Veterans
#1265.411 Tues 6:00 - 6:50 pm

Ages: 9 and over

Veterans
#1265.412 Sat 2:30 - 3:20 pm

Hip Hop

Want to learn basic hip hop, or improve your dance skills? You'll dance to great music, meet new people and have fun!

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 6-13

Community Youth Center
#1365.481 Tues 7:00 - 7:45 pm

Parkway
#1365.462 Thurs 5:00 - 5:45 pm

Monteville
#1365.450 Thurs 5:00 - 5:45 pm

Ages: 6 and over

Otay
#1365.442 Mon 6:45 - 7:30 pm

Loma Verde
#1365.422 Sat 10:00 - 10:45 am

Salt Creek
#1365.433 Tues 6:00 - 6:45 pm

Ages: 14 and over

Community Youth Center
#1365.482 Tues 8:00 - 8:45 pm

Loma Verde
#1365.423 Sat 11:30 am - 12:15 pm

Monteville
#1370.450 Thurs 5:45 - 6:30 pm



All classes are 10 weeks from September 25 - December 10, unless otherwise noted. There will be no classes from November 20-26 in observance of Thanksgiving. In addition, there will be no classes Friday, November 10 in observance of Veterans Day.

Hip-Hop and Step Exercise

Do you want to learn how to step? Do you want to learn hip-hop? Learn both of these great dances and have fun at the same time.

Instructor: A. Jurado

Fee: \$24 Resident
\$30 Non-Resident

Ages: 14 and under

Salt Creek
#1490.431 Mon 3:30 - 4:20 pm

Monteville
#1490.451 Fri 4:00 - 4:45 pm

Intro to Hula

Hula with us! Students will enjoy island music while learning the basic movements of hula dance.

Instructor: S. Mesina

Fee: \$35 Resident
\$44 Non-Resident

Ages: 6-12

Heritage
#1280.401 Wed 5:00 - 5:50 pm

Jazz and Hip-Hop

Learn basic dance techniques, combinations and terminology. Develop coordination, flexibility, rhythm and performance presence.

Instructor: C. Perez

Fee: \$36 Resident
\$45 Non-Resident

Ages: 6 and over

Beginning

Heritage
#1610.401 Wed 4:00 - 4:45 pm

Salt Creek
#1610.435 Sat 1:00 - 1:45 pm

Jazz / Hip Hop

Students will learn Jazz dance techniques; stretching, center, across-the-floor, turns and combinations set to contemporary Jazz music.

Instructor: C. Perez and Staff

Fee: \$36 Resident
\$45 Non-Resident

Ages: 5-10

Monteville
#1610.450 Tue 4:15 - 5:00 pm

Salt Creek
#1180.433 Fri 5:45 - 6:30 pm

Jazz / Modern

Have fun learning a variety of different basic dance steps to music light or upbeat. Learn to choreograph your own dance and the terminology to different dance steps. Develop coordination, rhythm, and self-confidence.

Instructor: L. Ramirez

Fee: \$35 Resident
\$44 Non-Resident

Ages: 6 and over

Veterans
#1900.411 Tues 5:00 - 5:45 pm

Keyboard

Students learn basic keyboard playing, including note reading, fingering, chords, and rhythm. Students provide their own keyboards with at least four octaves or 30 keys in length. Fee includes materials.

Instructor: N. Villanueva

Fee: \$62 Resident
\$77 Non-Resident

Ages: 7 and over

Heritage
#1580.401 Wed 4:00 - 4:50 pm

Kids Latin Dance

Come learn the popular Latin dances: Salsa, Merengue, and the Cha-Cha. Kids will learn basic patterns, combinations, rhythm, and coordination.

Instructor: S. Martin

Fee: \$45 Resident
\$55 Non-Resident

Ages: 8 and over

Veterans
#1700.411 Thurs 5:00 - 6:00 pm

Little Voices

This class teaches basic vocal techniques like breathing, phrasing, and enunciation. Singing helps develop confidence and teamwork. Fee includes materials.

Fee: \$62 Resident
\$77 Non-Resident

Ages: 7-12

Heritage
#1520.401 Wed 5:00 - 5:50 pm

Mariachi Performance

Learn and develop techniques for Mariachi performance. You will learn how to acquire the basic skills for reading music and "playing by ear" for study and performance. Students must provide their own Mariachi instruments: vihuela, violin, guitarron, guitar, trumpet, requinto, viola, arpa (harp) as well as voz (voice).

Instructor: R. Ojeda

Fee: \$60 Resident
\$74 Non-Resident

Ages: 9-13

Parkway
#2158.461 Tues 6:00 - 6:50 pm

Ages: 14 and over

Parkway
#2158.463 Tues 7:00 - 7:50 pm

Monteville Polynesian Dance

Learn the beautiful dances of Hawaii and Tahiti. This class will focus on beginning basics of hula and Tahitian, and the history of each dance.

Instructor: L. Jasmin

Fee: \$35 Resident
\$43 Non-Resident

Ages: 5-10

Monteville
#1100.450 Fri 5:15 - 6:00 pm

Ages: 10 and over

Monteville
#1100.451 Fri 6:15 - 7:00 pm

Fall classes



performing arts

Morning Beginning Ballet

This class will help your child develop flexibility, musicality, and coordination. Small class size guarantees your child individual attention.

Instructor: F. Alvarez

Fee: \$60 Resident
\$74 Non-Resident

Ages: 6 and over

Montvalle

#1251.450 Tues 10:00 - 11:00 am

Move-in-Line

Progressive Line Dancing

Join an exercise class with exciting choreography to a variety of musical selections that will keep you asking for more. Bring your friends and neighbors to join in an activity that is fun and healthy for all ages.

Fee: \$30 Resident
\$38 Non-Resident

Ages: 13 and over

Ultra Beginners

Veterans

#1510.411 Mon 6:30 - 7:30 pm

Improvers

Veterans

#1510.412 Mon 7:30 - 9:00 pm

Intermediate

Veterans

#1510.413 Mon 7:00 - 9:00 pm

Fee: \$50 Resident
\$63 Non-Resident

Both Improvers and Intermediate

Veterans

#1510.414 Mon 7:30 - 9:00 pm
Thurs 7:00 - 9:00 pm

Polynesian Dance

Learn Polynesian dance. New dances will be introduced to intermediate and advanced students, emphasizing challenging routines. Instructor's approval is required for all intermediate and advanced classes.

Instructor: G. Berthiaume
Fee: \$25 Resident
\$30 Non-Resident

Level 1 **Ages: 5 and over**
Loma Verde

#1280.422 Thurs 5:45 - 6:30 pm

Level 1

Ages: 12 - Adult
Loma Verde

#1290.421 Wed 7:30 - 8:20 pm

Level 2

Ages: 5 and over
Loma Verde

#1285.425 Thurs 6:45 - 7:30 pm

Level 3

Ages: 5 and over
Loma Verde

#1295.421 Wed 5:30 - 6:20 pm

Level 4

Ages: 9 and over
Loma Verde

#1298.425 Wed 6:30 - 7:20 pm

Rondalla

Learn the basics of singing and guitar as introductory to Mariachi performance.

This class is great for beginners to Mariachi music. No previous musical experience necessary. Students must provide their own instruments.

Instructor: R. Ojeda

Fee: \$52 Resident
\$64 Non-Resident

Ages: 10 and over

Parkway

#2158.465 Wed 5:15 - 6:15 pm

Salsa and Merengue

Learn basic Salsa and Merengue patterns and combinations. Improve your rhythm and coordination. Come learn these passionate dances and you will be ready to hit the dance clubs in no time.

Instructor: S. Martin

Fee: \$45 Resident
\$55 Non-Resident

Ages: 16 and over

Beginner

Veterans

#1730.411 Thurs 6:00 - 7:00 pm

Monteville

#1730.450 Wed 8:00 - 8:50 pm

Intermediate

Must know all basic salsa patterns

Veterans

#1730.412 Tues 7:00 - 8:00 pm

Traditional Dance

Folklorico Mexicano

Learn traditional, regional Mexican dances and perform them on stage! Instruction emphasizes stage presence, self-confidence and projection. Costuming cost not included in fee. Instruction approval required for Level 2, Intermediate and Advanced classes.

Instructor: Y. Chacón-Beniquez

Fee: \$30 Resident
\$37 Non-Resident

Beginning

Ages: 6 and over
Parkway (Level 1)

#1245.463 Sat 11:00 - 11:50 am

Beginning

Ages: 18 and over
Parkway (Level 2)

#1245.462 Sat 10:00 - 10:50 am

Emerging

Ages: 11-20
Parkway

#1245.461 Sat 1:00 - 1:50 pm

Intermediate

Ages: 7 and over
Parkway (Level 1)

#1250.463 Sat 2:00 - 2:50 pm

Parkway (Level 2)

#1250.462 Sat 12:00 - 12:50 pm

Advanced

Ages: 8 and over
Parkway

#1255.461 Thurs 6:00 - 6:50 pm

Traditional Polynesian Dance

Aloha! Come dance and have fun while learning the basics of Hawaiian and Tahitian dance. The adult class will enjoy the cardiovascular benefits of "Hularobics."

Instructor: S. Valenzuela

Fee: \$20 Resident
\$25 Non-Resident

Ages: 5-10

Veterans

#1100.411 Wed 4:30 - 5:20 pm

Ages: 11-15

Veterans

#1100.412 Wed 5:30 - 6:20 pm

Ages: 16 and over

Veterans

#1100.413 Wed 6:30 - 7:20 pm



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Youth Belly Dancing

Colorful Middle Eastern outfits with lots of sparkles give this belly dancing class an exotic feel. Students will learn rhythm, coordination and stretching.

Instructor: L. Stacey

Fee: \$30 Resident
\$36 Non-Resident

Ages: 6-12

Community Youth Center

#1410.481 Mon 6:00 - 7:00 pm

Instructor: Aragon-Weisner

Fee: \$45 Resident
\$55 Non-Resident

Heritage

#1410.401 Tues 5:00 - 5:50 pm

Youth to Adult Belly Dancing

This class will teach you to do arm movements, shimmies, and isolations. Hip scarf's and veils required by second class.

Instructor: C. Martinez

Fee: \$40 Resident
\$49 Non-Resident

Ages: 6-18 8 week class

Loma Verde

#1454.424 Mon 6:00 - 6:50 pm

creative classes

Advanced Drawing For Kids

In this class students will practice proportion, line and tone, shading and smudging methods. Different types of media will be presented throughout the year (pencil, charcoal, pen, etc.) A \$10 materials fee is to be paid to the instructor at the first class.

Instructor: C. Olimon

Fee: \$65 Resident
\$80 Non-Resident

Ages: 9-12

Heritage

#3161.401 Tues 6:00 - 7:10 pm

Animal Art

Lions, Tigers, and Bears, oh my! Create a marvelous menagerie of colorful creatures using a potpourri of mixed media. Try collage, mosaics, pen and ink, and more. Learn to paint without a brush! All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: T. Mill

Fee: \$42 Resident
\$53 Non-Resident

Ages: 6-13

Veterans

#3162.411 Mon 4:00 - 4:50 pm

Monteville

#3162.450 Tues 6:00 - 6:50 pm

Art Studio

Classes are designed to introduce artists, art history and contemporary art through hands-on projects. Your child will explore the endless opportunity of imagination and self expression.

Instructor: Staff

Fee: \$40 Resident
\$50 Non-Resident

Ages: 6-12

Salt Creek

#3150.434 Thurs 4:00 - 4:50 pm

Art-Tastic

Students will learn drawing, painting and sculpture in this Art-Tastic class. Art supplies will be provided.

Instructor: Staff

Fee: \$45 Resident
\$55 Non-Resident

Ages: 6-12

Community Youth Center

#3113.482 Tues 6:00 - 6:50 pm

Babysitter's Training Certification

This American Red Cross certification course has been reviewed and is supported by the U.S. Consumer Product Safety Commission. Includes a certificate, babysitter's handbook, and a pin. This training will help develop skills in leadership, professionalism, basic care, safety and first aid. Info: (619) 691-5276.

Instructor: K. Fajardo

Fee: \$45 Resident
\$55 Non-Resident

Ages: 11 and over

Community Youth Center

#3116.481 Sept 16, 23 9:00 am - 12:00 pm
Class meets both days

Community Youth Center

#3116.483 Oct 14, 21 9:00 am - 12:00 pm
Class meets both days

Jewelry Making and Beadwork

Learn the basics of beading and making your own jewelry. Make gifts for yourself, family and friends. An additional cost of \$40 will be paid to the instructor for a starter kit, which includes necessary tools and supplies. A project will be made each week.

Instructor: M. Quintero

Fee: \$50 Resident
\$61 Non-Resident

Ages: Adults 8-week class.

Monteville

#3100.450 Mon 5:30 - 6:30 pm

Build Your Own Cook Book

Enjoy hands on, staff directed cooking class where your Jr. Chef prepares healthy childhood favorites. Bon Appetite!

Instructor: Staff

Fee: \$40 Resident
\$50 Non-Resident

Ages: 6-12

Salt Creek

#3115.432 Mon 4:30 - 5:20 pm

Fall classes



creative classes

California Child Care Course

This course meets the legal requirements of the California Health and Safety Code (AB 243). The law stipulates that licensed childcare providers receive at least 15 hours of training on preventative childcare practices. Attendance both class dates is required for Red Cross certification.

Instructor: S. Linderman
Fee: \$105 Resident
 \$132 Non-Resident

Ages: Adults

Parkway
#3116.461 Oct 14, 21 8:00 am - 5:00 pm

Cartooning

Get the inside story on the art of cartooning. Practice drawing people and animals from head to toe (or paw). Experiment with humor and action. Sharpen your storytelling skills while creating original comic strips starring your own characters. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: Staff
Fee: \$42 Resident
 \$53 Non-Resident

Ages: 8-13

Veterans
#3166.411 Mon 6:00 - 6:50 pm

Montevelle
#3166.450 Tues 7:00 - 7:50 pm

Ceramics

This introductory class is designed to teach students the basics of working with ceramics. Molds and kiln are available. Students supply all other materials.

Instructor: N. Wallis
Fee: \$34 Resident
 \$43 Non-Resident

Ages: 10 and over

Loma Verde
#3200.421 Tues 9:00 am - 12:00 pm

Loma Verde
#3200.423 Wed 5:30 - 8:20 pm

Loma Verde
#3200.422 Wed 9:00 am - 12:00 pm

Loma Verde
#3200.424 Sat 9:00 am - 12:00 pm

Ceramics 101

Introduce students to ceramic arts, ceramic clay, painting techniques, and firing. Students will complete several functional pieces, such as plates, and figurines. A material fee of \$40 is paid to the instructor on the first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
 \$68 Non-Resident

Ages: 6-14 8 week class

Montevelle
#3100.453 Thurs 3:45 - 4:45 pm

Clay Plus!

Make critters, puppets, animals and constructions out of lots of clay, wire, cardboard, plaster, glue, sticks, etc. Wonderfully messy! Great fun! Bring an apron or "art shirt." \$7 Material fee to be paid to the instructor.

Instructor: T. Mill
Fee: \$39 Resident
 \$48 Non-Resident

Ages: 6-10

Parkway
#3120.461 Wed 4:30 - 5:20 pm

Montevelle
#3150.421 Tues 5:00 - 5:50 pm

Creative Clay

New non-fire clay in every color. Take home what you make the same day. Working with clay is a great way to encourage creativity. A \$10 materials fee to be paid to instructor on first class.

Instructor: A. Melzer
Fee: \$36 Resident
 \$43 Non-Resident

Ages: 6 and over

Loma Verde
#3180.421 Mon 6:00 - 8:00 pm

Creative Collages

Students make collages with a variety of materials from stained glass and tile, to beads, shells, buttons, marbles, food, and more. Each week we'll make collages with a specific theme and material.

Instructor: Staff
Fee: \$30 Resident
 \$36 Non-Resident

Ages: 5-8

Veterans
#3010.411 Tues 4:00 - 4:50 pm

Culinary Kids: Breakfast

Students make breakfast treats like homemade pancakes, waffles, French toast, muffins, and more. They will learn terminology, skills, meal planning, and serving. A material fee of \$50 will be collected the first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
 \$68 Non-Resident

Ages: 5-12 8 week class

Montevelle
#3240.452 Sat 8:00 - 10:00 am

Culinary Kids: Desserts

Students learn how to create treats, decorate cakes, and make pies. They will learn baking techniques using traditional material. They will all also receive a basic cake decorating kit. A material fee of \$50 will be collected the first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
 \$68 Non-Resident

Ages: 5-12 8 week class

Montevelle
#3240.451 Thurs 8:30 - 10:30 am



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Culinary Kids: Make and Take Dinner

Students learn there way around the kitchen. They also learn about nutrition, culinary techniques, recipes, and more. Each child prepares a meal to take home. \$50 material fee due first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
\$68 Non-Resident

Ages: 5-12 8 week class

Monteville

#3240.450 Tues 5:00 - 6:00 pm

Dog Obedience

Learn basic commands for dogs over 4 months. Owners and leashed dogs learn basic training commands. All dogs must have current shots.

Instructor: J. Hitz
Fee: \$65 Resident
\$80 Non-Resident

8 week class

Ages: 12 and over

Monteville

#3600.450 Wed 7:00 - 8:00 pm

Monteville

#3600.451 Sat 3:00 - 4:00 pm

Instructor: S. Cunningham
Fee: \$70 Resident
\$86 Non-Resident

Ages: 18 and over

Veterans Oct 3-31

#3600.411 Tues 6:00 - 7:00 pm

Veterans Nov 14 - Dec 19

#3600.412 Tues 6:00 - 7:00 pm

Drawing Dynamos

Turn your doodles and squiggles into amazing art. Refine your drawing skills and explore line and color using a variety of drawing materials and techniques. Create original works of art. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson
Fee: \$42 Resident
\$53 Non-Resident
Ages: 6-13
Veterans
#3164.411 Mon 5:00 - 5:50 pm

Drawing For Kids

Kids will develop a sense of observation in this beginning drawing class. Instruction involves several types of media (pencil, chalk, marker, etc.) and encourages creativity and individuality.

Instructor: C. Olimon
Fee: \$45 Resident
\$56 Non-Resident

Ages: 6-10

Heritage

#3160.401 Tues 4:00 - 4:50 pm

Heritage

#3160.402 Tues 5:00 - 5:50 pm

Drawing Plus!

This course starts with several weeks of basic drawing - people, animals, places and plants using crayons, oil pastels, markers and pencils, etc. We'll then add in painting techniques to create some nifty images worthy of the finest refrigerator or wall. An "art shirt" is advisable to protect clothing. \$7 Material fee to be paid to the instructor.

Instructor: T. Mill
Fee: \$39 Resident
\$48 Non-Resident

Ages: 6-10

Parkway

#3110.461 Wed 3:30 - 4:20 pm

Monteville

#3110.450 Tues 4:00 - 4:50 pm

Drawing Studio

Students will learn drawing techniques as they are motivated by a professional artist to develop their own style. This course is designed to include a variety of materials (graphite pencil, charcoal, pastels, etc.) that will vary in each session throughout the year. Each student's best drawing will be selected and framed for presentation. \$30 materials fee to be paid to instructor on the first day of class (includes all materials and one frame.)

Instructor: L. Villasenor-Isabelle
Fee: \$85 Resident
\$107 Non-Resident

Ages: 9-16

Veterans

#3155.412 Tues 6:15 - 7:15 pm

Etiquette and Social Skills for Children

Etiquette is more than saying "please" and "thank you." It's an essential life skill that increases self-esteem and allows children to feel confident in any kind of social situation. This 6-hour course includes: first Impressions, speaking and listening skills, table setting, table manners, body language and poise, phone manners, and thank you cards.

Instructor: M. O'Farrill
Fee: \$75 Resident
\$94 Non-Resident
Fee includes food

Ages: 6-12

Heritage

#4415.401 Sept 26, 28 12:00 - 3:00 pm

Heritage

#4415.402 Oct 28,
Nov 4 12:00 - 3:00 pm

Heritage

#4415.403 Dec 2, 9 12:00 - 3:00 pm

Fall classes



creative classes

Fine Arts Painting

With the direction and motivation of professional artist/art teacher, your child will create a beautiful, ready to hang masterpieces. Teacher inspires students to bring out their hidden talent while creating confidence, drive and the great feeling of accomplishment. Let your child discover what art can bring into his/her life. \$35 materials fee to be paid to instructor on the first day of class. Includes all materials and one frame.

Instructor: L. Villasenor-Isabelle

Fee: \$85 Resident
\$107 Non-Resident

Ages: 9-11

Heritage
#3155.401 Sat 9:00 - 10:00 am

Ages: 9-16

Veterans
#3155.411 Tues 5:00 - 6:00 pm

Ages: 12-16

Heritage
#3155.402 Sat 10:30 - 11:30 am

Gingerbread House Decorating Class

Create a beautiful, professional looking gingerbread house. There will be an additional materials fee of \$15 due to the instructor on the day of the class.

Instructor: The University of Creativity

Fee: \$15

Ages: 5-15

Monteville
#3245.450 Sat, Dec. 2 10:00 am - 12:00 pm

Healthy Eats

Young adults will learn to understand and build healthy recipes, how to count calories, read food labels and how to plan a party and be a good host. Each class day, students will prepare something new to take home. A supply fee of \$20 is due to instructor the first day of class.

Instructor: D. Hlava
Fee: \$40 Resident
\$49 Non-Resident

Ages: 12-17 6 week class

Veterans
#3310.413 Mon 5:15 - 6:45 pm

Veterans
#3310.414 Mon 7:00 - 8:30 pm

Intro to Clay

Learn the basic techniques in clay using a variety of methods. Projects include hand building and throwing (adult class only). Creativity and learning is always encouraged in a safe and friendly environment. In the child/adult class, adults have the option of taking the class with their child. Child and adult must register for class. A materials fee of \$5 (children) and \$15 (adults) will be paid to the instructor on the first day of class.

Instructor: A. Bernard-Bryant
Fee: \$55 Resident
\$69 Non-Resident

Ages: Children 7-10

Heritage
#3230.401 Thurs 5:30 - 6:30 pm

Ages: Children/Adult 7-Adult

Heritage
#3230.402 Thurs 6:45 - 7:45 pm

Little Chefs

Kids will learn kitchen safety, basic nutrition, and how to make easy recipes they can make themselves.

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 6-12

Loma Verde
#3112.421 Wed 3:30 - 4:15 pm

Make and Take Crafts

Students will use different materials (wood, fabric, metal, cement and more) to make creative projects for the home, yard or as gifts. An art shirt is advisable.

Instructor: D. Hlava

Fee: \$40 Resident
\$49 Non-Resident

A supply fee of \$20 is due to the instructor the first day of class.

Ages: 5-11 6 week class

Veterans
#3320.412 Mon 3:30 - 5:00 pm

Make, Bake, and Take

Students will learn the basic fundamentals of nutrition, table manners, and cooking skills. Students will prepare a variety of recipes throughout the course and come away with a recipe book of items they helped make.

Instructor: D. Hlava

Fee: \$30 Resident
\$37 Non-Resident

A supply fee of \$15 is due to the instructor the first day of class.

Ages: 5-12 6 week class

Otay
#3310.441 Fri 2:15 - 3:30 pm

Otay
#3310.442 Fri 3:45 - 5:00 pm

Veterans
#3310.411 Thurs 3:15 - 4:30 pm

Veterans
#3310.412 Thurs 4:45 - 6:00 pm

Veterans
#3310.413 Thurs 6:15 - 7:30 pm

Monteville
#3310.450 Wed 3:30 - 4:45 pm

Monteville
#3310.451 Wed 5:00 - 6:15 pm

Monteville
#3310.452 Wed 6:30 - 7:45 pm



All classes are 10 weeks from September 25 - December 10, unless otherwise noted. There will be no classes from November 20-26 in observance of Thanksgiving. In addition, there will be no classes Friday, November 10 in observance of Veterans Day.

Ole, Ole Spanish Class

Learn basic communication skills using games, activities, drama, art, and song. A \$25 materials fee is to be paid to the instructor at the first class. Workbook will be included.

Instructor: C. Vera
Fee: \$105 Resident
\$130 Non-Resident
8 week class

Ages: 3-5

Veterans
#3090.411 Fri 2:30 - 3:30 pm

Ages: 5-8

Veterans
#3090.412 Fri 4:00 - 5:00 pm

Painting

This course is designed to teach students basic and intermediate techniques in painting. Experience different medias and styles and learn about color mixing, composition, and design. Class will meet for 6 weeks.

Instructor: O. Alvarado
Fee: \$20 Resident
\$25 Non-Resident

Ages: 18 and over

Veterans
#3085.411 Tues 9:00 am - 12:00 pm
Monteville
#3155.450 Mon 10:00 am - 12:00 pm

Ages: 12-17

Monteville
#3155.451 Mon 3:30 - 5:30 pm

Painting a Mural

This introductory course will teach you to paint in a large scale. Learn techniques to prepare, paint, and seal a mural in your living room, bedroom, or backyard - on walls, canvas, or wood.

Instructor: O. Alvarado
Fee: \$35 Resident
\$43 Non-Resident

Ages: 18 and over

Veterans
#3080.411 Oct 28,
Nov 4 10:00 am - 12:00 pm

Ready, Set, Knit, and Crochet

Learn the basic techniques of knitting and crocheting. This class is for beginners and intermediates. Choose your own projects from flower pins, belts, scarves, blankets, and more.

Instructor: M. Elias
Fee: \$45 Resident
\$56 Non-Resident

Ages: 8 and over

Heritage
#3181.401 Fri 4:00 - 5:15 pm

SAT Preparation

This course is designed to effectively prepare students for the new SAT. Upon completion of the course, students will have received a thorough training in the skills and strategies required for success on the exam. Course includes: essay writing, grammar review sentence completion, finding sentence errors, critical reading, math review and strategies and test taking skills. A \$25 materials fee to be paid to the instructor the first day of class which include three practice exams.

Instructor: I Hayden
Fee: \$235 Resident
\$288 Non-Resident

Ages: 15-18

Heritage
#4420.401 Oct 7, 14, 21, 28
Nov 4 1:00 - 4:00 pm

Scrapbooking

Learn scrapbooking for real people. Use all the scrapbooking tools while getting personal instruction. At the end of the three sessions, you will be able to create an entire album, have all of your photos completely organized, or complete a full set of borders. For the first session, bring one package of 25 photos. All supplies can be purchased through instructor.

Instructor: K. Ralston
Fee: \$40 Resident
\$49 Non-Resident

Ages: 16 and over

Heritage

#3180.401 Oct 2 12:00 - 3:00 pm
Nov 4 12:00 - 3:00 pm
Dec 2 12:00 - 3:00 pm

Totally Art!

Using many types of media, you'll create art projects like banners and books, cards and creatures, constructions, collage, montage and masks in this course of exploration. Dress for mess!

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident
Fee includes supplies

Ages: 6-10

Heritage
#3150.301 Mon 4:00 - 4:50 pm

fitness classes

Abs, Thighs, and Buns

This class hits that hard to tone trouble zone with a progressive targeted system of exercises that will give your body the workout it needs.

Instructor: T. Beyers
Fee: \$34 Resident
\$41 Non-Resident

Ages: 14-Adult

Monteville
#4112.450 Tues 7:30 - 8:30 pm

Adaptive Fitness

This morning circuit workout program is designed for teens and adults with physical challenges. The workout will be fun, yet challenging and will include strength training, toning, and cardiovascular work. Registration required. 12 weeks.

Fee: \$42 Resident
\$52 Non-Resident

Ages: 16 and over

Otay
#4620.449 M, W, F 9:30 - 11:00 am

Fall classes



fitness classes

Adult Beginning Tennis

Tennis Pro: J. Villanueva
Fee: \$115 Resident
 \$140 Non-Resident

Ages: 18 and over
Salt Creek
#5569.433 Tues 9:00 - 9:50 am

Adult Boot Camp

A little less intimidating, but equally as challenging as The Real Thing, this Boot Camp is meant more for fun and fitness than bullying and belittling. Cardio activities include jumping rope, stepping, and hill climbing. Each participant will receive an individualized personal fitness plan. Get in shape this summer with a professional personal trainer!

Instructor: D. Rodriguez
 Certified ACE Trainer
Fee: \$126 Resident
 \$160 Non-Resident

Ages: Adults

Summer Session

#4145.361 **Community Youth Center**
 M, W, Th 5:30 - 6:30 pm
 Aug 14 - Oct 2, 8 weeks

Fall Session

#4145.481 **Community Youth Center**
 M, W, Th 5:30 - 6:30 pm
 Oct 4 - Dec 7, 8 weeks

Adult Tennis Lessons

Maximum of 8 adults per class.
 8 week class.

Tennis Pro: J. Villanueva
Fee: \$95 Resident
 \$118 Non-Resident

Ages: 18 and over

Monteville
#4565.450 Tues 7:00 - 8:00 pm

Monteville
#4565.454 Wed 9:00 - 9:50 am

Tennis Pro: R. Thomas
Monteville
#4565.451 Thurs 6:45 - 7:45 pm

Monteville
#4565.452 Sat 9:30 - 10:30 am

Monteville
#4565.453 Sat 10:30 - 11:30 am

Aerobic Combo

Combine, kickboxing, high and low-impact aerobics, and/or body sculpting into one total body workout. Learn how to properly use equipment while performing each exercise in order to achieve individualized training and motivation.

Instructor: P. Payne
Fee: \$45 for 8 weeks
 or \$5 daily Resident
 \$55 for 8 weeks
 or \$7 daily Non-Resident

Ages: Adults

Heritage
#4100.401 Mon, Wed 7:00 - 7:45 pm

Heritage
#4100.402 Tues, Thurs 9:00 - 9:45 am

Afterschool Coed Field Hockey

Join this youth development after school field hockey program. Please bring a mouthguard; all other equipment will be supplied. Students will learn the fundamentals, skills, and techniques of field hockey in a fun and enriching environment. Class is eight weeks.

Instructor: M. Sandoval
Fee: \$48 Resident
 \$59 Non-Resident

Ages: 8-14

Voyager Park
#4285.483 Tues 3:00 - 4:00 pm

Heritage Park
#4285.401 Wed 3:30 - 4:30 pm

After School Tennis Lessons

These classes are offered after school time and they are meant for the beginner tennis player. Sessions are five weeks and a tennis racquet is required to participate. A maximum of 10 participants are allowed in the program. All classes meet for five weeks one day a week and have the same fee.

Tennis Pro: R. Thomas
Fee: \$30 Resident
 \$37 Non-Resident

Ages: Grades 1-3

Session 1C Terra Nova Park
#5578.383 Mon 3:30 - 4:20 pm
 Oct 16 - Nov 13

Session 1D Monteville
#4578.352 Wed 3:30 - 4:20 pm
 Oct 18 - Nov 15

Ages: Grades 4-6

Session 2C Terra Nova Park
#5578.387 Tues 3:30 - 4:20 pm
 Oct 17 - Nov 14

Session 2D Monteville
#4578.353 Thurs 3:30 - 4:20 pm
 Oct 19 - Nov 16

Ages: Grades 7-8

Session 3C Monteville
#4579.352 Wed 4:30 - 5:20 pm
 Oct 18 - Nov 15

Session 3D Monteville
#4579.353 Thurs 4:30 - 5:20 pm
 Oct 19 - Nov 16

Archery

Take aim and learn the family-friendly sport of archery. An instructor certified by the National Archery Association provides basic instruction. Equipment is provided. Eight-week course Sept 30 - Nov 18. Paseo Del Rey Park, 750 Paseo Del Rey.

Instructor: T. Robey
Fee: \$40 Resident
 \$49 Non-Resident

Ages: 8-17, Beginning

Paseo Del Rey Park
#4230.481 Sat 9:00 - 9:50 am

Ages: 8-17, Intermediate

Paseo Del Rey Park
#4235.481* Sat 10:00 - 10:50 am

Ages: 8-17, Advanced

Paseo Del Rey Park
#4240.482* Sat 11:00 - 11:50 am

*Prerequisite: Successful completion of beginning course and instructor approval.



All classes are 10 weeks from September 25 - December 10, unless otherwise noted. There will be no classes from November 20-26 in observance of Thanksgiving. In addition, there will be no classes Friday, November 10 in observance of Veterans Day.

Basketball 101

These introductory classes are like mini camps. Staff will teach the basics of basketball and encourage good sportsmanship, while everyone has fun. This class will give participants a good jump towards advancement towards organized team basketball.

Instructor: Staff

Fee: \$36 Resident
\$44 Non-Resident

Ages: 8-10

Parkway
#4318.461 Thurs 4:00 - 5:00 pm

Monteville
#4318.450 Wed 3:30 - 4:20 pm

Community Youth Center
#4318.481 Fri 3:30 - 4:20 pm

Ages: 11-14

Monteville
#4318.451 Wed 4:30 - 5:20 pm

Community Youth Center
#4318.482 Fri 4:30 - 5:20 pm

Beginning Golf

These introductory classes teach the basic fundamentals of the golf swing and skills required on the putting green. It is recommended that participants provide their own golf clubs but it is not required.

Instructor: B. Rice
Fee: \$180 Resident
\$225 Non-Resident

Ages: 4-11

Salt Creek
#4015.433 Tues 3:00 - 3:50 pm

Ages: 12-17

Salt Creek
#4030.433 Tues 4:00 - 4:50 pm

Cardio Ab Workout

This low impact cardiovascular workout combines traditional martial arts movements with full body stretching with emphasis on upper and lower abdominals. Participants need to bring a towel or mat.

Instructor: J. Hickman
Fee: \$41 Resident
\$50 Non-Resident

Ages: Adults

Chula Vista Woman's Club
#4260.463 Tues 6:00 - 6:50 pm

Cardio-Kickboxing

Kick it into high gear. You'll get into shape using non-contact skills and drills. You'll learn body position, footwork, punching techniques and basic kick boxing fundamentals. And you'll work on conditioning plus building cardio-vascular and muscle strength.

Instructor: G. Amen, E. Sanz
Fee: \$30/Month Resident
\$37/Month Non-Resident

Ages: Adults

Veterans October
#4680.411 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Veterans November
#4680.412 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Veterans December
#4680.413 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Cardio Kickboxing

Aerobic kickboxing is combined with basic bootcamp-style drills to create a class that will leave you feeling empowered. Slim down and tone your entire body. Appropriate for all levels.

Instructor: L. Bernick
Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

Monteville
#4311.450 Oct, Wed 10:45 - 11:30 am
#4311.451 Nov, Wed 10:45 - 11:30 am
#4311.452 Dec, Wed 10:45 - 11:30 am

Cardio Salsa

This cardio class utilizes salsa, Meringue, Cha Cha, and more to give you a great workout while learning Latin dance moves.

Instructor: T. Beyers
Fee: \$34 Resident
\$41 Non-Resident

Ages: 14-Adult

Monteville
#4111.450 Tues 6:30 - 7:30 pm

Chula Vista Karate Club

Instructor: J. Hickman
Fee: \$30 Resident
\$37 Non-Resident

Ages: 5-11, Beginning

Chula Vista Woman's Club
#4310.461 Tues 4:00 - 4:50 pm

Ages: 5 and over, Intermediate

Chula Vista Woman's Club
#4315.461 Tues 5:00 - 5:50 pm

Dyno-Might

Run, hop, skip, jump, kick and shoot your way into an introduction of new and exciting games from "Around the World."

Fee: \$25 Resident
\$31 Non-Resident

Ages: 6-10

Salt Creek
#4622.433 Tues 5:00 - 5:50 pm

Group Tennis Lessons

Maximum of four students per group. Students must bring their own tennis racquet. These lessons are meant for the beginner and intermediate levels. Each session is for five weeks.

Tennis Pro: R. Thomas
Fee: \$60 Resident
\$74 Non-Resident

Ages: Grades 1-3

Session 4E Terra Nova Park
#5563.383 Mon 4:30 - 5:20 pm
Oct 16 - Nov 13

Session 4F Monteville
#4580.355 Wed 5:30 - 6:20 pm
Oct 18 - Nov 15

Fall classes



fitness classes

Ages: Grades 4-6

Session 5E Terra Nova Park

#5563.387 Tues 4:30 - 5:20 pm
Oct 17 - Nov 14

Session 5F Monteville

#4580.357 Thurs 5:30 - 6:20 pm
Oct 19 - Nov 16

Ages: Grades 7-9

Session 6A Monteville

#4581.450 Wed 6:30 - 7:20 pm
Oct 18 - Nov 15

Gymnastics I

This is a progressive, level-based program that is patterned after the program used by the United States Gymnastics Federation. Classes are designed to build a strong skill foundation in order to ensure that students will progress at a consistent rate while building self-confidence and coordination. The major emphasis is on floor tumbling. Gymnastics I is designed for the beginning tumbler.

NOTE: Successful completion of Preschool Tumbling or approval of instructor is required for those under 6 years of age.

Instructor: Staff

Fee: \$45 Resident
\$52 Non-Resident

Ages: 6-14

#4105.421 Loma Verde
Sat 10:00 - 10:50 am

#4320.450 Monteville
Fri 4:00 - 4:50 pm

#4105.411 Veterans
Wed 5:30 - 6:20 pm

Gymnastics II & III

Gymnastics II students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, and bridge kickovers. Gymnastics III students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, bridge kickovers, and pullover on the bar.

Instructor: Staff

Fee: \$45 Resident
\$52 Non-Resident

Ages: 6-14

#4105.422 Loma Verde
Sat 11:00 - 11:50 am

#4320.451 Monteville
Fri 4:00 - 4:50 pm

Boys Gymnastics (All Levels)

Ages: 5 and over

#4105.423 Loma Verde
Sat 12:00 - 12:50 am

Hard-Core Abs

This fun and challenging class is exactly what you need to whip your mid-section into gear for summer! Learn dynamic and innovative ways to flatten and tone your stomach. Appropriate for all levels.

Instructor: L. Bernick

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

#4312.450 Monteville
Oct, Wed 11:30 am - 12:00 pm

#4312.451 Nov, Wed 11:30 am - 12:00 pm

#4312.452 Dec, Wed 11:30 am - 12:00 pm

Heritage Pilates

Burn fat, tone muscles, and increase your flexibility while doing a combination of flowing poses and stretching exercises. You will leave feeling peaceful, open, and centered. Students will learn to breathe properly, improve overall health and posture, and decrease.

Instructor: L. Bernick

Fee: \$20/month or \$5/daily Resident
\$24/month or \$7 daily Non-Resident

Ages: Adults

#4323.401 Heritage
Sept, Wed 9:30 - 10:15 am

#4323.402 Oct, Wed 9:30 - 10:15 am

#4323.402 Nov, Wed 9:30 - 10:15 am

High Performance Tennis Team

This class is for kids who want to develop their tennis skills to play at tournament level. Emphasis is on appropriate grips, footwork, and simple tactics. Students start to play novice then satellite tournaments.

Instructor: J. Villanueva

Fee: \$95 Resident
\$120 Non-Resident

Ages: 8-16

#4590.430 Salt Creek
Mon 6:00 - 7:00 pm

#4590.450 Monteville
Tues 6:00 - 7:00 pm

Jiu-jitsu

Get in great shape and at the same time learn self-defense. Learn how to defend yourself standing and on the ground. This class will teach you striking, take-downs, and how to control your opponent on the ground. Great exercise and lots of fun.

Fee: \$37 Resident
\$47 Non-Resident

Ages: 5-12

#4634.401 Salt Creek
Tues 7:00 - 7:50 pm

#4634.402 Salt Creek
Tues 8:00 - 8:50 pm

Judo

The ancient martial art of judo provides personal development through precise physical movements and a disciplined attitude. Develop self-defense techniques and strive to perfect individual character. Additional fees are associated with this program include uniform and federation fees.

Instructor: M. Ozaki and Staff

Fee: \$25 Resident
\$30 Non-Resident

Ages: 5 - Adult Beginning

#4360.481 Community Youth Center
Tues 7:00 - 7:50 pm

#4360.482 Community Youth Center
Thurs 7:00 - 7:50 pm

#4360.434 Salt Creek
Wed 7:00 - 7:50 pm

Advanced

#4365.481 Community Youth Center
Tues 8:00 - 8:50 pm

#4365.482 Community Youth Center
Thurs 8:00 - 8:50 pm

#4365.434 Salt Creek
Wed 8:00 - 8:50 pm



All classes are 10 weeks from September 25 - December 10, unless otherwise noted. There will be no classes from November 20-26 in observance of Thanksgiving. In addition, there will be no classes Friday, November 10 in observance of Veterans Day.

Just Playin' Fun

Explore the excitement of exercise through play with a broad introduction to indoor and outdoor cooperative games. All games are staff directed and facilitate positive social development.

Fee: \$30 Resident
\$38 Non-Resident

Ages: 10-14

Salt Creek
#4620.433 Tues 4:00 - 4:50 pm

Karate 101

Instructor: G. Amen
Fee: \$37 Resident
\$44 Non-Resident

Ages: 6 and over

Otay
#4350.441 Tues 6:00 - 7:00 pm
Loma Verde
#4320.421 Wed 5:00 - 6:00 pm

Karate-Do

Instructor: A. Lopez
Fee: \$30 Resident
\$40 Non-Resident

Ages: 5-11, Beginning

Salt Creek
#4320.433 Tues 4:00 - 4:50 pm
Salt Creek
#4320.435 Thurs 5:00 - 5:50 pm

Ages: 12 and over, Intermediate

Salt Creek
#4320.436 Thurs 6:00 - 6:50 pm

Lacrosse 101

This introductory class will teach the basics of the up-and-coming sport of lacrosse. Participants will have fun while learning about good sportsmanship.

Instructor: Staff
Fee: \$40 Resident
\$50 Non-Resident

Ages: 9-12 8 week class
Monteville
#4317.4350 Wed 3:30 - 4:30 pm

Lunch Hour Yoga

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez

Fee: \$42/month or \$5/daily Resident
\$52/month or \$7 daily Non-Resident

Ages: Adults

Parkway
#4112.363 Sept, M, W, Th 12:00 - 12:50 pm
#4112.461 Oct, M, W, Th 12:00 - 12:50 pm
#4112.462 Nov, M, W, Th 12:00 - 12:50 pm
#4112.463 Dec, M, W, Th 12:00 - 12:50 pm

Monteville Pilates

Instructor: F. Alvarez

Ages: 16 and over

Fee: \$40/Month or \$7/Class Resident
\$49/Month or \$9/Class Non-Resident

Monteville
#4101.450 Oct, Tu, Th 8:00 - 9:00 am
#4101.451 Nov, Tu, Th 8:00 - 9:00 am
#4101.452 Dec, Tu, Th 8:00 - 9:00 am

Monteville
#4102.450 Oct, Tu, Th 8:30 - 9:30 pm
#4102.451 Nov, Tu, Th 8:30 - 9:30 pm
#4102.452 Dec, Tu, Th 8:30 - 9:30 pm

Morning Circuit

Designed for beginners, this 12-week, 3-step progression of workout routines will build your fitness capacity as well as your cardiovascular and muscle strength. Includes body fat analysis, measurements, and a before and after photo. Work in a group for motivation and support. Fee includes Fitness Center Membership.

Fee: \$42 Resident
\$52 Non-Resident

Ages: 16 and over

Otay
#4620.448 M, W, F 9:30 - 11:00 am

Okinawa-Do

Instructor: S. Ingalls

Fee: \$31 Resident
\$39 Non-Resident

Ages: 5-11, Beginning

Community Youth Center
#4320.481 Thurs 5:30 - 6:20 pm

Loma Verde
#4320.422 Tues 5:00 - 5:50 pm

Ages: 12 and over, Beginning/Intermediate

Community Youth Center
#4325.483 Thurs 6:30 - 7:20 pm

Loma Verde
#4325.424 Tues 6:00 - 6:50 pm

Otay Fitness Center

The Otay Fitness Center offers a variety of state-of-the-art equipment to meet specific fitness goals. Registration for the classes below will only be accepted at the Otay Recreation Center.

Quarterly Memberships:

1. Jan 1 - Mar. 31
2. April 1 - June 30
3. July 1 - Sept. 30
4. Oct 1 - Dec. 31

Adult Fitness Membership. Unlimited use of the Fitness Center during operational hours (see page 3.)

Fee: \$25 Resident
\$50 Non-Resident

Ages: 15 and over

#4620.445 Otay

Fall classes



fitness classes

Parkway Strength Training Step Aerobics

This is a unique opportunity to blend an all-over body shaping and strengthening workout using weights, yoga and body building techniques. Step aerobics are added for a low impact cardiovascular workout. You will also get the attention and expertise of a personal trainer.

Instructor: N. Kelsey

Fee: \$25/month or \$5/Daily Resident
\$30/month or \$7 daily Non-Resident

Ages: Adults

Parkway

#4320.363	Sept, M, Th	5:30 - 6:30 pm
#4320.461	Oct, M, Th	5:30 - 6:30 pm
#4320.462	Nov, M, Th	5:30 - 6:30 pm
#4320.463	Dec, M, Th	5:30 - 6:30 pm

Pilates

Classes meet on a monthly basis. Classes begin on September 2. Choose an option that works best for you.

Instructor: F. Alvarez

Option 1:

Fee: \$40/Month or \$7/Class Resident
\$50/Month or \$9/Class Non-Resident

Ages: 16 and over

Salt Creek

#4330.431	M, W	8:00 - 8:50 am
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Option 2:

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

Ages: 16 and over

Salt Creek

#4330.434	Wed	8:30 - 9:20 pm
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Option 3:

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

Ages: 16 and over

Salt Creek

#4330.437	Sat	8:00 - 8:50 am
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Qigong and Tai Chi Exercises

Calm your mind, life your spirits and strengthen your body through the basics of Chinese internal and martial arts.

Movements, positions and stretches are practiced according to traditional principles for balance, coordination, muscle tone, bone maintenance, breathing, joint flexibility, and healthy organ function.

Instructor: L. Lowe

Fee: \$45/Month or \$6/Class Resident
\$55/Month or \$8/Class Non-Resident

Ages: Adults

Otay

#4640.441	Oct, Tu, Th	6:00 - 7:00 pm
#4640.442	Nov, Tu, Th	6:00 - 7:00 pm
#4640.443	Dec, Tu, Th	6:00 - 7:00 pm

Realistic Self-Defense Training

Don't be a victim! Learn self-defense, hand-to-hand combat, defense against multiple attackers, and awareness training. This class is designed to help avoid a bad situation and build self-confidence in a combination of exercise and fun.

Instructor: Master G. Amen, E. Sanz

Fee: \$37 Resident
\$45 Non-Resident

Ages: 13 and over

Beginning

Monteville

#4340.450	Wed	6:00 - 7:00 pm
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Recreational Tae Kwon Do

Learn the fundamentals of Tae Kwon Do through choreographed sequence of combative and defense movements, controlled sparring, as well as, punching and kicking techniques. Students will also receive instruction in principals such as courtesy, integrity, perseverance, self-control, indomitable spirit.

Instructor: P. Payne

Fee: \$30 Resident
\$36 Non-Resident
8 week class

Heritage

#4830.401	Wed	6:00 - 6:50 pm
Instructor:	D. Russell	
Fee:	\$21 Resident	
	\$32 Non-Resident	

Ages: 5 and over

Veterans

#4831.411	Wed, Fri	6:30 - 7:30 pm
	Sat	12:00 - 1:00 pm

Rhythmic Gymnastics

This introduction to Rhythmic Gymnastics teaches body alignment, coordination, rhythm, grace and elegance, creativity, musicality and self-expression. Classes include elementary choreography, dancing with ball and ribbon, stretching and musical accomplishment.* The instructor is a former Russian Olympic coach and rhythmic gymnast. She is also a professional member of USA Gymnastics and a graduate of the USA Gymnastics National Safety Certification Program.

*Class content is changed each session. Clothing Requirement: Black leotard and black pants (jazz pants or any lycra pants) and ballet shoes.

Instructor: A. Zubkis

Fee: \$85 Resident
\$105 Non-Resident

Girls/Women

Ages: 5-7

Veterans

#6140.411	Fri	4:00 - 4:50 pm
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Ages: 6-8

Salt Creek

#6140.430	Wed	4:00 - 5:00 pm
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Ages: 8 and over

Veterans

#6240.411	Fri	5:00 - 5:50 pm
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Ages: 9 and over

Salt Creek

#6140.434	Wed	5:00 - 6:00 pm
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Rockin' Sports

Students will learn the basics of a variety of sports. Emphasis is on fun and learning about good sportsmanship.

Instructor: Staff

Fee: \$35 Resident
\$44 Non-Resident

Ages: 6-8 8 week class

Monteville

#4316.450	Mon	3:30 - 4:30 pm
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All classes are 10 weeks from September 25 - December 10, unless otherwise noted. There will be no classes from November 20-26 in observance of Thanksgiving. In addition, there will be no classes Friday, November 10 in observance of Veterans Day.

Salt Creek Fitness Center

The fitness center offers an array of Nautilus equipment and free weights. Fitness specialists are available to help you with your workouts. Participation is by membership only. Fitness center hours Monday through Saturday, 8 am to 9:45 pm and Sunday, 12 - 4:45 pm.

Fee: \$25 Resident Per Quarter
\$50 Non-Resident Per Quarter

Shito-Ryu Adult Karate

Karate is a great way to stay in shape, relieve stress and give you confidence. Learn self-defense skills while having fun.

Instructor: J. Martinez

Fee: \$47 Resident
\$58 Non-Resident

Ages: 16 and over

Monteville
#4430.450 Thurs 7:00 - 7:50 pm

Shito-Ryu Karate

Through a variety of fun and creative activities, young children will develop coordination, strength and personal safety in a well-supervised setting. Give your child the lead he/she needs in developing memory and agility skills necessary to be successful in school and other sports.

Instructor: J. Martinez

Fee: \$70 Resident
\$84 Non-Resident

Ages: 5 and over

Heritage
#4330.401 Tues, Thurs 4:00 - 4:50 pm

Monteville
#4330.450 Thurs 3:00 - 3:50 pm
Sat 9:30 - 10:20 am

Fee: \$40 Resident
\$49 Non-Resident

Salt Creek
#4330.430 Wed 4:30 - 5:20 pm

Salt Creek
#4330.434 Wed 5:30 - 6:20 pm

Salt Creek
#4330.437 Sat 9:30 - 10:20 am

Step and Sculpt

This fun and energetic class combines easy to follow step aerobics with strength conditioning using resistance bands. Perfect to slim and tone all over! Appropriate for all levels.

Instructor: L. Burnett

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

Salt Creek
#4311.432 Oct, M, W 8:15 - 9:00 am
#4311.333 Nov, M, W 8:15 - 9:00 am
#4311.334 Dec, M, W 8:15 - 9:00 am

Table Tennis / Ping Pong

Parents must register and accompany children under 8 years of age.

Fee: \$38 Resident
\$48 Non-Resident

Salt Creek
#4147.434 Wed 4:00 - 4:50 pm

Salt Creek
#4147.435 Wed 5:00 - 5:50 pm

Ages: Seniors

Salt Creek
#4157.436 Wed 1:30 - 3:00 pm

Taekwondo

Instructor: S. Juare

Fee: \$30/Month Resident
\$36/Month Non-Resident

Ages: 7 - Adult

Community Youth Center
#4381.384 Sept, M, W 4:30 - 6:00 pm
#4381.480 Oct, M, W 4:30 - 6:00 pm
#4381.482 Nov, M, W 4:30 - 6:00 pm
#4381.484 Dec, M, W 4:30 - 6:00 pm

Tang Soo Doo - Karate

Instructor: G. Amen

Fee: \$60 Resident
\$74 Non-Resident

Ages: 6 and over

Veterans (10 weeks)
#4350.411 Mon, Thurs 5:15 - 6:15 pm
Sat 9:30 - 10:30 am

Tennis Camp

A tennis racquet, three tennis balls, a snack and water are required for all participants to bring to camp.

Tennis Pro: J. Villanueva

Fee: \$110 Resident
\$137 Non-Resident

Ages: 7-15

Session 1: September 18-22
Salt Creek

#5561.433 9:00 am - 12:00 pm

Session 2: September 25-29
Salt Creek

#5561.434 9:00 am - 12:00 pm

Session 1: October 2-6
Salt Creek

#5561.435 9:00 am - 12:00 pm

Yoga

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez

Fee: \$30 Resident
\$37 Non-Resident

Ages: Adults

Salt Creek
#4112.432 Mon 6:30 - 7:20 pm

Salt Creek
#4112.434 Wed 6:30 - 7:20 pm

Monteville
#4010.450 Sat 9:00 - 10:00 am

Youth/Teen Fitness

The main goal of this 8-week program is to give youth of all fitness levels the benefits of physical fitness. Participants will develop confidence, self-esteem, social skills, athletic skills and improve overall health. Includes limited use of Fitness Center.

Fee: \$15 Resident
\$18 Non-Resident

Ages: 10-17

Otay
#4620.441 Mon, Wed 4:00 - 5:00 pm